

**WHAT IS CLAIMED IS:**

1. An exercising device comprising:

a main frame;

a support frame pivotally mounted on the main frame; and

an arc-shaped rocking bar fixed on the main frame.

2. The exercising device in accordance with claim 1, wherein the support frame is substantially inverted Y-shaped.

3. The exercising device in accordance with claim 1, wherein the main frame has a mediate portion provided with a fixed tube, and the support frame has a first end formed with a substantially U-shaped pivot rack pivotally mounted on the fixed tube of the main frame by a bolt and a nut.

4. The exercising device in accordance with claim 3, wherein the support frame has a second end formed with two support legs each pivotally provided with a roller by a bolt and a nut.

5. The exercising device in accordance with claim 1, wherein the pivot rack of the support frame is provided with a protruding limit rod, the rocking bar is provided with a protruding limit rod, and the exercising device further comprises two opposite belts each having a first end secured on an end of the limit rod of the rocking bar and a second end secured on an end of the limit rod of the pivot rack of the support frame.

6. The exercising device in accordance with claim 1, wherein the rocking bar has two ends each fixed on the main frame by a screw member.

1           7. The exercising device in accordance with claim 1, further  
2 comprising a retractable bar retractably mounted on the first end of the main  
3 frame.

4           8. The exercising device in accordance with claim 7, wherein the  
5 main frame has a first end formed with a plurality of adjusting holes, the  
6 retractable bar has a first end formed with a positioning hole aligning with one  
7 of the adjusting holes of the main frame, and the exercising device further  
8 comprises a substantially V-shaped elastic plate mounted in the retractable bar  
9 and having a distal end provided with a positioning stub extended through the  
10 positioning hole of the retractable bar and detachably locked in one of the  
11 adjusting holes of the main frame.

12           9. The exercising device in accordance with claim 7, wherein the  
13 retractable bar has a second end provided with a transverse fixing bar for  
14 mounting a head cushion by a plurality of screw members.

15           10. The exercising device in accordance with claim 1, further  
16 comprising two operation handles each mounted on the main frame.

17           11. The exercising device in accordance with claim 10, wherein the  
18 main frame has a second end provided with a transverse support bar, and each  
19 of the two operation handles is adjustably mounted on the support bar of the  
20 main frame.

1           12. The exercising device in accordance with claim 11, wherein each  
2 of the two operation handles has a mediate portion provided with a transverse  
3 adjusting bar adjustably mounted in the support bar of the main frame.

4           13. The exercising device in accordance with claim 10, wherein each  
5 of the two operation handles has a first end provided with a protective grip and  
6 a substantially arc-shaped second end.

7           14. The exercising device in accordance with claim 1, wherein the  
8 main frame is provided with two fixing plates for mounting a backrest by a  
9 plurality of screw members.